

ABSTRACT

The present invention relates to a standup exercise apparatus that simulates PoleStriding. Lower body exercise includes walking, jogging and climbing with upper body elliptical arm exercise. More particularly, the present invention relates to an exercise apparatus having separately supported treadles with tread belts for the feet and arm exercise coordinated with the motion of the treadles. A linkage is provided to coordinate the up and down dependent movement of the treadles. Ski pole handle movement is coordinated with the treadle movement for total body PoleStriding. Low knee stress allows long duration exercise without hurting knees common with some crosstrainers.